



**SOUTHERN  
ARIZONA  
SENIOR  
PRIDE**

**SENIOR**  
LGBTQI+ Elder Voice  
**FORUM**

**PRIDE IS AGELESS.  
CELEBRATE!**  
**EL ORGULLO NO TIENE  
EDAD. ¡CELEBRA!**  
**MARCH–APRIL 2023**  
**Volume 19 • Issue Two**

*Celebrating, Supporting, and Uniting LGBTQI+ Older Adults*

## **Monthly Events for a Fun and Engaging 2023** By Tammy Orr

As the clock struck midnight—and a new year was ushered in—did you resolve to have more fun, meet new people, read more books, learn to relax, or spend more time in nature? If yes to any or all, Senior Pride offers five monthly events that will help you reach your goal, while exploring activities that fit your personal and social interests. A complete event calendar, with additional information and registration links, can be found on Senior Pride's website, <https://soazseniorpride.org/>.

**Book Club** – If you like to read—especially books about LGBTQ+ issues, history, people, and authors—check out Senior Pride's Book Club. The group meets once a month, currently on Zoom, to discuss the current selection. Register on-line to receive the Zoom link. Discussions are usually quite lively—sometimes with authors joining, which is always a special treat. (March 15, 2:00–3:30 pm)

**Gathering in Himmel Park** – Make new friends, while also furthering Senior Pride's mission of supporting and building our community. Show up, relax, and chat. Bring your own chair, beverage, food, etc. Gatherings are held every third Saturday of each month at Himmel Park, just south of the library. Time varies due to weather. Registration is required on website. (March 18, time TBD)

**Gayme Day** – Join the Senior Pride Health & Wellbeing committee every second Wednesday of the month for a time of fun, challenge, and friendship (with emphasis on fun and socializing). Bring your own favorite game or play one of the many available. Masks required for now. (March 8, 1:00–3:00 pm, Habitat for Humanity



*Claire and Gretchen playing Jenga*

Community Room, 3501 N. Mountain.  
Registration required for Gayme Day on website.

**Meditation Circle** – Head to Himmel Park (just south of the library) on the second and fourth Sunday of each month to practice acceptance of the moment and being quiet and peaceful around others. This is not a guided meditation, but rather, quiet time together. Participants can bring chairs or mats and sit in a circle for two 20-minute “sits” (the word for quiet meditation) with a break between. Both beginners and veterans of meditation are welcome. This is an open, drop-in group. Registration is required on website. (March 12 and March 26, 9:00–10:00 am)

**Walk & Roll** – Explore different parks, walkways, or neighborhoods every third Tuesday of the month at 9 am (earlier as the heat arrives). Get some exercise, enjoy the outdoors, and chat with other walkers. Walks are planned on flat walkways or grassy areas where there are facilities available, and generally last about an hour. Please bring water. Register on website. You may also just drop in. (March 21, 9:00–10:30 am, location TBD)



## **Southern Arizona SENIOR PRIDE**

***Celebrating, Supporting, and  
Uniting LGBTQI+ Older Adults***

1632 N. Country Club Rd.  
Tucson, AZ 85716

**(520) 312-8923**

**info@soazseniorpride.org**  
**www.SoAzSeniorPride.org**

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*To receive printed copies by  
mail, call (520) 312-8923  
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mailing list or email us at  
info@soazseniorpride.org*

## **SAVE THESE DATES:**

### **Death & Taxes Over Lunch: A Resource Fair for LGBTQI+ End-of-Life Decisions —**

**Tues, April 18, noon to 4 pm,**  
at the Southern Arizona Community Foundation,  
5049 E Broadway Blvd.

Senior Pride and other community organizations host a Resource Fair dedicated to helping LGBTQ+ older adults navigate the complex world of end-of-life decision making with a focus on issues particular to the Rainbow community. There will be information and presentations on End of Life needs such as hospice, palliative care, funeral planning and disposition of remains, interment and assistance options. Lunch will be provided by R&R Family Restaurants. For more information, contact Erin Russ at [eol@seniorpride.org](mailto:eol@seniorpride.org).

**Free admission;**  
**register at <https://soazseniorpride.org>**

### **Dolphin Swim Club**

**Wed, April 12 at 10 am,**  
Habitat for Humanity Community Room,  
3501 N Mountain Ave.

This Health and Wellbeing Program meets quarterly as a support, resource-sharing, and accountability group for swimmers and wanna-be swimmers.

**register at <https://soazseniorpride.org>**

### **Senior Pride Presents: Age to Sage Workshop: LGBTQI+ Elders Reflect on the Paths We Took**

**Wed, March 1, 8, 15, and 22, — 10 - 11:30 AM**  
Workshop lead by Josefina Ahumada

Reflection is important as we consider our life's journey. The thread that binds us is our shared identity as LGBTQI+ Elders. Through discussion and voluntary sharing of short written memories, we look at the values, people, joys, and sorrows that shaped our lives. An optional meeting for sharing works will be held on March 29th.

**Free workshops - Register at <https://soazseniorpride.org>**

Open the camera app on your smart-phone and point the camera at the QR code (icon below).

Tap the yellow square that appears to connect directly to our website homepage. ¡VOILA!



**Help Line: 520.790.7262**  
(M-F 8:30am-5pm)  
**help@pcoa.org**

*To learn about in house LGBTQ  
Elder Care specialists  
on PCOA's staff, email:  
SBahnsen@pcoa.org*

# COMMUNITY PROFILE: FRAN COLEMAN

BY SUE PENNINGTON AND JOYCE BOLINGER

*“Fran Coleman was one of the driving forces behind the creation of Senior Pride. She administered a community survey in 2003, clearly documenting the need for senior services. This led to the Rainbow Train program, where she helped gather and train a group of active volunteers. Their momentum allowed Wingspan to create services for seniors, which quickly evolved into Senior Pride by early 2004. Without Fran’s groundwork, none of this would have been possible.”*

**Kent Burbank**, Constituent Services Director, Arizona Governor’s Office in Southern Arizona

Turn the clock back, in the ’80’s, a young graduate of the prestigious Yale Divinity School chose a then unusual mission: a ministry for older adults.

The graduate, Fran Coleman, was inspired by her grandmother. “I was so close to my grandmother—she was my best friend and the first person I came out to as a lesbian,” says Fran. Her grandmother’s struggle as she aged, raised Fran’s awareness of the need for services for older people.

In 1987, Fran founded a Tucson elder care company to help seniors remain in their homes. While the majority of her clients were straight individuals or couples, Fran realized that some were gay, but, wary of being open for fear of discrimination.

“My heart really went out to the LGBTQ+ elders I met who were closeted and terrified of entering retirement or assisted living.” One 83-year-old man opened up to her about the isolation and fear of being out to his doctor.

Recognizing that there were no community services for LGBTQ+ older adults, Fran reached out to Kent Burbank, then the Executive Director of Wingspan, Tucson’s now closed LGBTQ+ community center.

With Kent’s encouragement, Fran designed and circulated a community-wide survey to assess the needs of gay elders.

Photo credit: Joyce Bolinger



*Lavina Tomer and Fran Coleman*

Over 200 responses documenting the need for LGBTQ+ support, were discussed at a community forum at Wingspan.

In 2004, Fran presented the survey results at the national conference of the American Society on Aging in San Francisco—her topic was “From Invisibility to Inclusion.”

At the conference Fran learned of a Washington State program called Rainbow Train, a consciousness awareness educational effort aimed at training senior service providers on LGBTQ+ issues. Together, Fran and Kent developed a Wingspan Rainbow Train with funding from the United Way. This led to the founding of Wingspan’s Senior Pride program in 2004. When Wingspan closed in 2014, volunteers chose a new name: Southern Arizona Senior Pride.

When Fran closed her company in 2007, she began volunteering with Indigenous Alliance Without Borders/Alianza Indigena Sin Fronteras. Her work with Native Americans has deepened and broadened over time.

Fast forward, Fran is now training to be a deacon with St Michael’s & All Angels Episcopal Church, 602 North Wilmot Road. Currently, she serves an internship and expects to be ordained in a year.

She and her partner, Judy Bush, celebrate 23 years together.



## ONGOING EVENTS: For more information, registration and Zoom links visit [www.SoAzSeniorPride.org](http://www.SoAzSeniorPride.org)

### HONORING A LIFE: ADVANCE MEDICAL CARE PLANNING WORKSHOPS

These workshops give LGBTQI+ older adults the opportunity to explore planning for medical care in the event of an unexpected medical need. We cover all necessary directive documents like living wills and powers of attorney, as well as other considerations to make sure your health care wishes are recorded and your identity as a LGBTQI+ individual is protected. Erin Russ and trained volunteers facilitate these workshops and offer optional "Meet and Complete" sessions for those wanting extra help, plus one-on-one coaching by special request. Workshops will be both in-person and on zoom, unless otherwise noted. Location TBD.

Next Workshop dates:

Workshop: Thursday, March 16, 1 - 3 pm.  
Register Online – <https://soazseniorpride.org>  
Register by Thursday, March 9.

Death & Taxes Over Lunch: A Resource Fair for LGBTQI+ End-of-Life Decisions

Tuesday, April 18, noon to 4 pm, see page 2  
Register Online – <https://soazseniorpride.org>

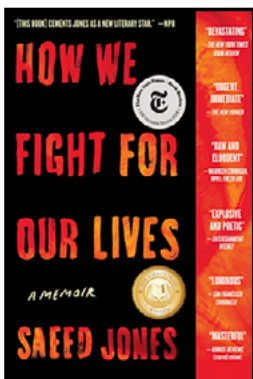
The in-person location will be provided to registrants along with workshop materials the week before the workshop. If more than one person will be attending with you, have them also register so we can send sufficient materials for every attendee.

For more information or to schedule one-on-one coaching, contact Erin at [eol@soazseniorpride.org](mailto:eol@soazseniorpride.org) or (520) 312-8923.

**SENIOR PRIDE BOOK CLUB** – <https://soazseniorpride.org> for more information and registration. Or email: [info@soazseniorpride.org](mailto:info@soazseniorpride.org)

### How we Fight For Our Lives: a Memoir

By by Saeed Jones



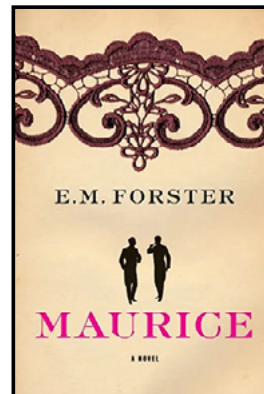
March 15, 2023  
2:00 - 3:30 p.m.

Saeed Jones tells his own story - as a young, black gay man in the south with tempestuous familial relationships - which grows into a larger examination of race and queerness, power and vulnerability, love and grief: a portrait of what we all do for one another—and to one another—as we fight to become ourselves.

Find this book at the Pima County Public Library:  
<https://pima.bibliocommons.com/v2/record/S91C1973962>

### Maurice

by E.M. Forster



April 19, 2023  
2:00 - 3:30 p.m.

Heartbroken over unrequited love, Maurice opens his heart and mind to his own sexual identity, going against society's often unspoken rules of class, wealth, and politics. When Forster completed his novel in 1914, he understood that his homage to same-sex love would probably end his career. This prompted his request that it be published only after his death, which occurred 57 years after he completed it.

Find this book at the Pima County Public Library:  
<https://pima.bibliocommons.com/v2/record/S91C1489888>

### Senior Pride Connects Our Community -- Your Donations Keep Us Strong!

Senior Pride's cultural events, support groups, Community Cares Program, workshops, website with local resources, Facebook page, YouTube channel and weekly e-news updates provide a hub for our community.

**Our success is made possible by supporters like you. Please donate today.**

**By Check:** Make checks payable to Senior Pride or So.AZ Senior Pride  
Mail to: 1632 N Country Club Rd,  
Tucson, AZ 85716

**Online:** Go to our website  
<https://soazseniorpride.org>  
Click on "DONATE"

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